

COOLING CENTERS 2014

As we enter the summer months, the City of Torrance is prepared to “Beat the Heat in 2014” at our two cooling center locations.

Individuals can find a cool rest area away from the heat at the Bartlett Center, located at 1318 Cravens Avenue, Monday through Saturday from 8 a.m. to 4 p.m., and on Sundays from 12:30 p.m. to 4 p.m.

The Katy Geissert Main Library serves as a second cooling center, located at 3301 Torrance Blvd, and can be accessed Monday through Thursday, 10 a.m. to 9 p.m., Fridays from 10 a.m. to 6 p.m., and Saturdays from 10 a.m. to 5:30 p.m. The library cooling center is also open on selected Sundays from 1 p.m. To 5 p.m.

As the temperatures rise here are some helpful tips to keep cool:

- Check on family, friends, and neighbors with limited access to air conditioning and transportation such as seniors or those who are ill. Offer to take them to a location with air conditioning.
- Drink water often do not wait until you are thirsty
- Avoid the sun from 10 a.m. to 3 p.m. when the burning rays are strongest.
- Reduce physical activity
- Wear a wide-brimmed hat and light colored lightweight, loose-fitting clothes when you are outdoors
- Avoid hot, heavy meals that include proteins

- Set your air condition between 75 – 80 degrees.
- If you don't have air conditioning, take a cools shower twice a day and visit a public air conditioned facility.
- Use sun screen with a sun protection factor of at least 15 if you need to be in the sun.
- Don't forget about your pets, they need plenty of water and shade.

Symptoms of dehydration and heat cramps include:

- Dizziness, fatigue, faintness, headaches, muscle cramps, and increased thirst.
- Individuals with these symptoms should be moved to a cooler, shaded place and given water or sport drinks.

For more information, please call the Bartlett Center at 310-320-5918, the Katy Geissert Main Library at 310-618-5959, or the City Manager's Office at 310-618-5880.